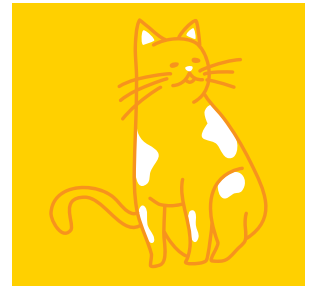


# NATURE AT HOME

What if you are unable to leave your house or don't have access to a park? Here are a few ways to experience nature in your own home

## Pick a "sit spot"

Find a space outside where you can consistently rest and interact with nature. It could be in your backyard, your porch, or balcony!



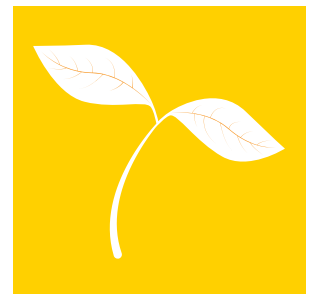
## World-Watch

Find a window view that you designate as a space to relax and experience the outward facing world. You can look for birds, watch clouds, or even people watch!



## Get some plants!

You can buy indoor plants, grow your own plants from seeds, or propagate plants by placing a plant clipping in a bit of water until roots form



Sign a petition to protect the trails in the San Gabriel Mountains at [www.apifm.org/protect-the-san-gabriel-mountains/](http://www.apifm.org/protect-the-san-gabriel-mountains/)

